

HEALTHY notebook



OUR SUMMER LOVE
Could these ice lollies be any more perfect? 100% organic, they're made from pure fruit purée, so contain fibre, as well as vitamins and antioxidants. We're hooked. £1.25, realniceorganic.co.uk.

This month, Brigid has been...

APPLYING Scholl Intensive Overnight Treatment (£5) as part of a campaign for better maternal healthcare worldwide (mumsandbabies.com); **USING** Natraceuticals (£17.95, pukkaherbs.com);